

Cell contents prove what heals

NUTRITION FACT #6 in my article titled, “Taking Vitamins or Nutritional Drugs? The 3 Ways Supplements are Made,” The Villager, 05/27/21, states, “ONLY Sufficient and Pure Air, Water, Whole Foods and Whole Food Supplements Provide the Nutrients the Body Requires to Live, Heal, Maintain Health and Prevent Disease.”

THE SCIENTIFIC PROOF of Nutrition Fact #6 lies in the contents of our cells. The substances you see within the structure of each human cell, i.e., in the pathways of metabolism inside the cells, are Nutrients: Macro-nutrients: Carbohydrates, Proteins and Lipids (Fats/Oils) and Micro-nutrients: Vitamins, Minerals and Water.

Three of the primary “Path-

ways of the Metabolism Inside the Cell,” are 1) Carbohydrates which leads to Monosaccharides; then to Acetyl CoA; 2) Lipids (Fats/Oils), which leads to Fatty Acids and Glycerol, then to Acetyl CoA to CO2 + H2O + ATP (Energy), and 3) Proteins, each Amino Acid; which then splits into two pathways, one leading to Acetyl CoA and the other crosses over to Monosaccharides.

I realize the above paragraph does not mean much when written in text form like this article, so I highly recommend that you email me for a copy of its Diagram. In simpler terms...within these pathways are all the Vitamins and Minerals (from Vitamin A to the Mineral Zinc), and Water. The direction of some pathways may cross over or lead into an-

other (ex: Acetyl CoA) and all pathways can be reversed to build up Carbohydrates, Lipids and Proteins, which are broken down and ultimately turned into ATP, i.e., Energy.

So, the bottom line is the contents of all human cells reveal that the body requires “Nutrients” to produce “Energy” and it is “Energy” that is required for all organ-, gland- and body-system operations, for healing and restoring health, for regeneration (growing of new cells) and detoxification (the removal of waste, toxic substances, germs, worms, and dead or damaged cells and tissue).

Thus, NUTRITION FACT #7 is “CELL CONTENTS PROVE NUTRIENTS HEAL THE BODY!”

KAREN, 53Y – DIARRHEA 40 TIMES A DAY - For 10 years, Karen, a Texas resident, suffered with 40 bouts of Diarrhea every day; that’s an average of once every 36 minutes. She joked of knowing the location of every bathroom within a 350-mile radius of her home. Having seen

many disease care professionals, such as physicians and dietitians, and healthcare professionals, such as naturopaths, chiropractors, and herbalists, locally, in Dallas, and even the Mayo Clinic, no one had helped her.

Karen thought she had tried everything and everyone, until her latest physician referred her to me because 1) he could not help her and 2) I was known for helping patients when medicine and other therapies couldn’t.

A Clinical Nutrition Analysis of Karen’s Laboratory Reports identified five causes interfering with the healthy function of her colon. Within one month of starting Clinical Nutrition Therapy, the 40 bouts of Diarrhea had reduced to 10 daily and at two months, she no longer had Diarrhea.

MY CLINICAL NUTRITION TESTING AND THERAPY ACCOMPLISHED IN 2 MONTHS WHAT OTHER TREATMENTS AND THERAPIES COULD NOT ACCOMPLISH IN 10 YEARS!

In November this year, I will be celebrating my 40th Year in

clinical nutrition practice and one of the important factors that I have discovered, which can be easily overlooked by other practitioners, and of which Karen is a perfect example, is Nutrition Fact #8.

NUTRITION FACT #8: “ONE SYMPTOM CAN BE CAUSED BY MULTIPLE AREAS OF THE BODY!”

For a free copy of the Cell Diagram and Dr. Smith’s complete article on this subject (30+ Pages), please email her at Villager@AdvancedClinicalNutrition.com. Subject Line: Cell Diagram.

Dr. Donna Smith holds a Ph.D. in Clinical Nutrition, is a Doctor of Naturopathy (N.D.), a Board-Certified Clinical Nutritionist (C.C.N.), a Canadian-Chartered Herbalist (C.H.) and owner of ADVANCED CLINICAL NUTRITION (Est. 1981) in Wichita Falls, Texas. To contact Dr. Smith and for more information, visit her website at AdvancedClinicalNutrition.com.

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Colorado Congressmen (left to right) Joe Neguse, Ken Buck, Ed Perlmutter, Doug Lamborn and Jason Crow answered questions for 90 minutes.

Colorado Chamber holds panel

Continued from page 7

competitive in the future.”

Lamborn said, “I would not support it as it came over from the Senate but there are some parts I support.” He said he was against \$60+ billion for Amtrak because it is poorly managed and, “There are other examples I could give you as well. I am fearful for our children and grandchildren when we take on massive amounts of debt.”

Crow said, “This package is an illustration that Congress can still work. This was not easy to get to, but it got done in a bipartisan way. Everyone didn’t get everything they want but it’s a package that I’m excited about because we are making investments in infrastructure and people, and investing in ourselves has always paid for itself.”

Buck responded that, “We have \$30 trillion of debt. This is not just a \$1.2 trillion infrastructure bill that is largely unpaid for—and the “pay-fors” are a Washington D.C. joke... Speaker Pelosi... is going to combine this \$1.2 trillion with

another \$3.5 trillion bill that is going to raise taxes and spend money...that has nothing to do with infrastructure. We can’t keep doing to our country what we’re doing. We have to pay our bills. Let’s put a sequester in place. Let’s not just spend to get a president re-elected or a Congress re-elected.” Crow said, “It’s day care, it’s child care, it’s K-12 education. Those investments will more than pay for themselves.”

Boyd raised the issue of using some of the \$4 billion in federal stimulus money to backfill the state unemployment fund that is \$1 billion in the red. Lamborn, Neguse, and Perlmutter did not object to the idea. Buck was against it and Crow was uncertain. Perlmutter said that he wanted to talk about human infrastructure and capital infrastructure. He named the GI Bill as an example of a great human infrastructure investment, including community college and day care, all of which served to help people work in their fullest capacity.

Boyd shared a question

from a Chamber member about whether the reconciliation package would include a tax increase. Crow said that small business’s taxes won’t go up and people making less than \$400,000/year won’t see an increase in taxes.

Neguse said that Crow was right but that Congress will debate the various aspects of the bill. Buck said he would oppose all tax hikes, adding, “The Trump economy was the greatest economy that we’ve had since World War II.” He said that tax increases will send jobs overseas. Perlmutter agreed that it is most important to keep jobs from going overseas.

On the question of shortages in the supply chain, all the congressmen agreed that China could not be trusted and that the United States had to do everything it could, including investing in infrastructure, bringing manufacturing and research and development back to this country, and aggressively prevent China from stealing our intellectual property.

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